Special Olympics

ALPINE SKIING COACHING GUIDE

Teaching Alpine Skiing Skills

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Warm-up

A warm-up period is the first part of every training session or preparation for competition. The warm-up starts slowly and gradually involves all muscles and body parts. In addition to preparing the athlete mentally, warming up also has several physiological benefits.

The importance of a warm-up prior to exercise cannot be overstressed. Warming up raises the body temperature and prepares the muscles, nervous system, tendons, ligaments and cardiovascular system for upcoming stretches and exercises. The chances of injury are greatly reduced by increasing muscle elasticity.

Most skiing exercises work on strengthening the stomach and leg muscles, as well as overall flexibility. Several categories should be considered and incorporated into your fall dry-land training program.

Warming Up:

- Raises body temperature
- Increases metabolic rate
- Increases heart and respiratory rate
- Prepares the muscles and nervous system for exercise

The warm-up is tailored for the activity to follow. Warm-ups consist of active motion leading up to more vigorous motion to elevate heart, respiratory and metabolic rates. The total warm-up period takes at least 25 minutes and immediately precedes the training or competition. A warm-up period will include the following basic sequence and components.

Activity	Purpose	Time (minimum)
Slow aerobic walk/ fast walk/ run	Heat muscles	5 minutes
Stretching	Increase range of movement	10 minutes
Event specific drills	Coordination preparation for training/competition	10 minutes

Aerobic Warm-Up

Activities such as walking, light jogging, walking while doing arm circles, jumping jacks and directed free skiing. In Alpine skiing, many of these exercises can be implemented on snow, at the bottom and/or top of the slope.

Walking

Walking is the first exercise of an athlete's routine. Athletes begin warming the muscles by walking slowly for 3-5 minutes. This circulates the blood through all the muscles, thus providing them greater flexibility for stretching. The sole objective of the warm-up is to circulate the blood and warm the muscles in preparation for more strenuous activity.

Running

Running is the next exercise in an athlete's routine. Athletes begin warming the muscles by running slowly for 3-5 minutes. This circulates the blood through all the muscles, thus providing them greater flexibility for stretching. The run starts out slowly, and then gradually increases in speed; however, the athlete never reaches even 50 percent of maximum effort by the end of the run. Remember, the sole objective of this phase of the warm-up is circulating the blood and warming the muscles in preparation for more strenuous activity.

Directed Free Skiing

Directed free skiing allows the athlete to warm up, on snow, by taking several ski runs prior to skill specific training or competition. This circulates the blood through all the muscles, thus providing them greater flexibility for stretching. Again, the sole objective of this phase of the warm-up is circulating the blood and warming the muscles in preparation for more strenuous activity.

Stretching

Stretching is one of the most critical parts of the warm-up and an athlete's performance. A more flexible muscle is a stronger and healthier muscle. A stronger and healthier muscle responds better to exercise and activities and helps prevent injury. Coaches should encourage a regular stretching routine for all athletes throughout the entire season to maintain flexibility. Please refer to the stretching section for more in-depth information.

Event Specific Drills

Drills are activities designed to teach sport skills. Progressions of learning start at a low ability level, advance to an intermediate level and, finally, reach a high ability level. Encourage each athlete to advance to his/her highest possible level. Drills can be combined with warm-up and lead into specific skill development.

Skills are taught and reinforced through repetition of a small segment of the skill to be performed. Many times, the actions are exaggerated in order to strengthen the muscles that perform the skill. Each coaching session should take the athlete through the entire progression so that he/she is exposed to all of the skills that make up an event.

Specific Warm-up Activities

Dry-land

- Arm circles (small to large, large to small)
- Jumping jacks/ star jumps
- Ring around the pole
- Using poles to help athletes stretch, i.e., range of motion

On-snow (without skis)

- Arm circles (small to large, large to small)

- Jumping jacks/ star jumps


- Ring around the pole
- Using poles to help athletes stretch, i.e., range of motion

On-snow (with skis)

- Arm circles (small to large, large to small)

- Using poles to help athletes stretch, i.e., range of motion
- Trunk twists

- Quadriceps stretch with ski up

- Side lunges

- Skating
- Tag games

Stretching

Flexibility is critical to an athlete's optimal performance in both training and competition. Flexibility is achieved through stretching. Stretching follows an easy aerobic jog at the start of a training session or competition.

Begin with an easy stretch to the point of tension, and hold this position for 15-30 seconds until the pull lessens. When the tension eases, slowly move further into the stretch until tension is again felt. Hold this new position for an additional 15 seconds. Each stretch should be repeated four to five times on each side of the body.

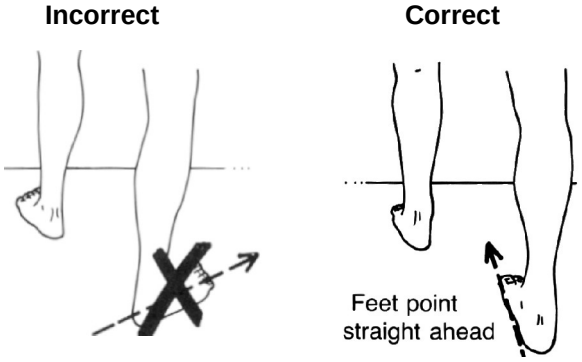
It is important to continue to breathe while stretching. As you lean into the stretch, exhale. Once the stretching point is reached, keep inhaling and exhaling while holding the stretch. Stretching should be a part of everyone's daily life. Regular, daily stretching has been demonstrated to have the following effects:

1. Increase the length of the muscle-tendon unit
2. Increase joint range of motion
3. Reduce muscle tension
4. Develop body awareness
5. Promote increased circulation
6. Make you feel good

Some athletes, such as those with Down Syndrome, may have low muscle tone that makes them appear more flexible. Be careful to not allow these athletes to stretch beyond a normal, safe range. Several stretches are dangerous to perform for all athletes, and should never be part of a safe stretching program. Unsafe stretches include the following and are NOT to be included in any program:

- Neck Backward Bending
- Trunk Backward Bending
- Spinal Roll

Stretching is effective only if the stretch is performed accurately. Athletes need to focus on correct body positioning and alignment. Take the calf stretch, for example. Many athletes do not keep the feet forward, in the direction that they are skiing.



Upper Body

Chest Opener

- With partner, place one hand/arm on your partner
- Turn chest, facing outward, away from your partner
- Feel stretch in chest
- Repeat with other arm

Arm Circles

- Swing arms forward in large circles
- Repeat going forward and backward

Chest Stretch

- Place hands behind head
- Slowly push elbows out away from head, towards the back
- Feel stretch in chest

Side Stretch

- Bend to one side with or without hand over head
- Feel stretch in side
- Repeat on other side

Shoulder Stretch

- Take elbow into hand
- Pull to opposite shoulder
- Arm may be straight or bent
- Repeat with other arm

Shoulder Shrugs

- Raise top of shoulder to ear
- Relax shoulders downward

Neck Stretch

- Roll the neck from shoulder to shoulder with chin touching body at all times
- Do not perform full circles as they may hyperextend the neck
- Tell athlete to roll neck to right, center and left. Never have the athlete roll neck backward.

Low Back & Glutes

Downward Facing Dog

- Kneel, hands directly under shoulders, knees under hips
- Lift hips until standing on toes
- Drop heels to the ground
- Alternate rising to toes on one leg, while keeping the other foot flat on the ground

Hip Stretch

- Stand and place hands on low back
- Push hips forward
- Tilt head back

Forward Bend

- Stand, arms outstretched overhead
- Slowly bend at waist
- Bring hands to ankle level without strain

Lower Body

Calf Stretch

- Stand facing forward, toes pointed forward
- Place one leg out in front
- Bend forward leg slightly
- Bend ankle of back leg

Calf Stretch with Bent Knee

- Same as Calf Stretch but;
- Bend both knees to ease strain

Standing Hamstring Stretch

- Place one leg out in front (with partner/ coach holding athletes heel, toe pointing up), bending knee of opposite leg with heel flat on ground
- Legs are not locked
- Sit back on your heels

- As your athletes' flexibility increases, try this stretch, on skis, with the tail of their ski in the snow

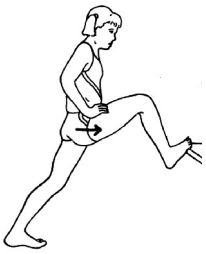
Standing Straddle Stretch

- Spread feet shoulder width apart
- Bend forward at hips
- Reach down along the legs toward the ground until you feel the stretch

Side Groin Stretch

- Stand with feet flat on the ground
- Lean body to one side, bending knee slightly
- Keep opposite leg straight
- Repeat with other leg

Step Ups



- Place one foot onto support, with bent leg
- Push hips in, toward support

Standing Quad Stretch

- Stand with one foot flat on ground
- Bend knee of other leg, reaching foot toward buttock while grasping ankle with hand
- Pull foot directly toward buttock
- Do not twist knee
- Stretch can be done standing alone or balancing with partner or fence/ wall
- If pain occurs in knees during stretch and foot is pointing out to the side, point foot back to relieve stress

Standing Hip Flexor with Skis

- Stand with one ski flat on ground and holding on to a partner
- Reach one leg back and put tip of ski into the snow behind you, keeping leg straight
- Push down slightly to feel stretch in Hip Flexor (front of hip)
- Repeat with other leg
- Stretch can be done in ski boots if the athlete does not feel comfortable on skis

Stretching - Quick Reference Guidelines for On and Off Snow

Start Relaxed

Do not begin until athletes are relaxed and muscles are warm

Be Systematic

Start at the top of body and work your way down

Progress from General to Specific

Start general, then move into event specific exercises

Easy Stretching before Developmental

Make slow, progressive stretches

Do not bounce or jerk to stretch farther

Use Variety

Make it fun – use different exercises to work the same muscles

Breathe Naturally

Do not hold your breath – breathe, stay calm and relaxed

Allow for Individual Differences

Athletes start and progress at different levels

Stretch Regularly

Always include time for warm-up and cool-down

Stretch at home

Alpine Skiing Training

As a coach, you need to become familiar enough with your athletes to know how each athlete learns and develops. The coach must incorporate all aspects of how the athlete learns in the development of a season plan so that the athlete can achieve success within the sport. The coach should know the athlete's physical abilities, including but not limited to: strength of limbs, endurance, range of motion and ability to balance. The coach should know the athlete's cognitive strengths/ weaknesses, including but not limited to: information retention, spatial awareness, following commands, information processing and social skills. Analysis should also determine the athlete's learning preferences (visual, auditory, kinesthetic), which will dictate your teaching style (command, task, reciprocal, group, guided discovery). After becoming aware of these abilities, you will be able to construct a training plan to best fit the needs of the athletes.

Dry-Land Training

Dry-land training may mean any pre-on-snow training that an athlete may participate in, such as: football (soccer), athletics, cycling, etc. Dry-land training is important because it may greatly enhance an athlete's ability to train and compete on snow.

Alpine skiing is a demanding sport, and athletes will benefit by being in good physical condition to compete successfully and safely. Alpine skiing requires, in addition to a basic combination of endurance and strength, a high capacity of quickness and action/reaction endurance. Through proper training, the athletes improve their physical, psychological and mental efficiency.

Dry-Land Training Drills

Balance and stance

Good balance and stance provides the ability to perform a skilled movement pattern. For Alpine skiers, it is very important to improve eye/foot coordination. Balance is the ability to keep your body in an equilibrium position. In skiing, this position always changes and requires constant repositioning of the body to get back into balance.

Walking the line (can include a balance beam)

- Place a 3-meter-long rope on the ground or on the gymnasium floor so that it is straight and tight.
    - Athletes will walk along the rope, stepping in a manner where the shoe is directly over the rope. Arms may be extended outward for balance.
- Place a 3-meter-long board, with approximately 5-10 centimeters (cm) width, on the ground or on the gymnasium floor.
    - Walk along the board in a balanced position.
- On a balance beam 10-20 cm off the floor/ground:
    - Walk along the beam in a balanced position.

Relay drills (serving tray)

- With four athletes on a team, teams will compete against each other in relay drills.
- Each team will have a tray with four cups of water on the tray.
    - Each team member will run or fast-walk 20 meters out and back, then pass the tray to the next team member. Each cup must be at least 2/3 full when each athlete finishes; if the cups are not 2/3 full, the athlete will have to go again. First team with all members successfully crossing the mark wins the race.

Dry-land race course simulation with ski poles

- On a hill with a gradient of 30 degrees or less, set a 20- gate slalom course or a 15-gate giant slalom course. Make sure there is a start and a finish line.
- Athletes will be divided into two teams. Each athlete will start on the proper command and run through the course with ski poles in their hands. Each athlete will be timed, and the team with the lowest total time will win.

Hopping the line

- Using the same three items as utilized in **Walking the Line:**
    - Athletes will hop over the item once.
    - Athletes will hop over and back.
    - Athletes will repeatedly hop over and back.

Sport Activities

- Football (Soccer)
- Tennis
- Volleyball

Agility and Quickness

Agility and quickness are closely related with coordination, strength, flexibility and balance. It has been found that strength leads to an increase in the speed of muscle contraction; it has also been shown that there is a correlation between flexibility training and strength training to improve quickness. The ability of the body to change directions quickly and smoothly, while maintaining balance, is very important in ski racing.

Agility Ladder Drills

- Place a ladder on the flat ground.
    - Athletes will fast-walk, stepping one foot in each ladder space.
    - Athletes will run, stepping one foot in each ladder space.

Side Step Drill

- Athletes face forward and run at an angle to the left or right.
- Athletes may cross one leg over the other and repeat this exercise while running sideways.

Shuttle Run Drill

- On a field or in a gym, mark from a starting point 5, 10, 15 and 20 meters.
- Athletes will run out from the starting point, touch the 5-meter mark, run back and repeat this movement out to each mark and back.

Hopping the line

- Same exercise as defined above, in Balance and stance.

Stair Walking/Running

- Designate stairs in a stadium or ice rink that may easily be run up and down.
    - Athletes will first walk up the stairs and walk down (20-25 stairs).
    - Athletes may run up the stairs and then walk or run down.
    - Athletes may run up the stairs and then hop down.
    - This exercise may be repeated 10-12 times.

Endurance

Endurance is the ability to carry out a given amount of work during a prolonged period of time without deterioration in the quality of performance. Endurance is an important facet of athletic performance in skiing simply because actions are repeated over and over. Athletes should exercise vigorously 20-30 minutes at least two to three times a week.

Hill Climbers

- On a hill with a gradient of 30 degrees or less, mark out 50 meters.
    - Athletes will first fast-walk up to the 50 meter mark and back down.
    - Athletes will then run up the hill and walk back down.
    - Athletes will then run up and down the hill.
    - While running, the athletes should repeat this exercise a minimum of ten times.

Distance Running

- Run a distance of 3 kilometers.
- Run a distance of 5 kilometers.
- Run a distance of 10 kilometers.

Fartlek Training

- Fartlek Training is an exercise that combines walking, jogging and running for periods of time.
    - As an example, athletes will walk for two minutes, jog for three minutes, run for one minute, jog for one and a half minutes, walk for one minute.
    - This sequence of exercises should be repeated so the entire training session is at least 30 minutes total time.

Mountain Biking and Road Biking also train endurance.

Action/ Reaction

In action/reaction movement or training, quick changes of direction or body position are required. Action/Reaction also incorporates quickness, agility and balance.

Red light, green light

- This is simply a game of stop and go. Athletes are lined up, facing forward. The coach instructs the athletes "green light" to go and "red light" to stop. The successful athlete has the quickest reactions to the command.

Tag games

- In a specific area, as an example 50 meters by 50 meters, one athlete starts out as "It" and tries to tag one of the other athletes.

Whistle drills

- In whistle games, athletes may be instructed to jog forward, backward or to one side based on the direction given by the coach. When the coach whistles, the coach will give an arm signal as to the correct direction. Athletes must watch and jog the entire time.

Start Gate Drills

- A start gate will be set up and used on either dry land or snow. Athletes should use ski poles. On the correct start command, the athlete will quickly move forward out of the start gate and on to the first gate.

Alpine Skiing (On-snow) Drills

Garlands

Drill used to help an athlete work on a specific part of the turn. The athlete works on a turn in only one direction, moving into the fall line and out in the same direction while moving across the hill. This drill can be used to work on the initiation phase or the completion or finish of the turn.

Thumpers

Drill used to help flatten the uphill ski. The athlete will ski across the hill in a traverse and continuously thump the uphill ski on the snow, keeping more weight on the downhill ski.

Squash the grape/orange

Drill used to get more ankle flex while skiing. Imagine a grape or an orange between the ankle and the front of the boot, and ask the athlete to "squash the grape/orange."

Sideslip

Edge release so the skis move down the hill with the skis perpendicular to the fall line of the hill. This can be done with an edge set so the skis move down the hill; then, with the movement of the knees into the hill, the edges set and the skis stop moving down the hill.

Bunny hops

While skiing across the hill, the athlete does small hops to get more motion and action while moving.

Falling leaf

While doing a sideslip down the hill, the athlete moves forward so the sideslip goes in a forward motion and then backward so the athlete slips backward. The forward and backward motion simulates rocking back and forth, while the skis skid forward and backward.

Frog jumps over the log

To get an active initiation of a turn, the athlete imagines he/she is a frog and makes a jump or a rising motion "over the log" in the direction of the new turn.

Funnel Turns

The athlete starts out doing long radius turns and gradually shortens the radius until he/she is doing short radius turns. It helps to have the athlete count 1-2-3-4 for a couple of turns, then 1-2-3 for a couple of turns, then 1-2 for a couple, until he/she is counting 1 – 1 – 1 – 1.

Hourglass

The athlete starts out making long radius turns and gradually shortens the radius down to short radius turns, and then gradually increases the radius to long again.

Leapers

While in the initiation phase of the turn, the athlete jumps into the turn, then gradually flexes for the finish of the turn and leaps into the next turn.

Crab-walk

In a wedge position, moving down the fall line, the athlete will move one knee into the wedge to edge that ski and flatten the other ski, then do the same with opposite sides. The tips of the skis should stay in the fall line while the skier moves from side to side, without turning.

On-snow Training

Beginner Skier

The ability level of the beginner skier ranges from an athlete who has no experience with the sport to an athlete who can perform controlled linked turns on a novice course. The beginner skier will start to ski on the flat terrain in a controlled learning environment and progress to the easiest slope on the mountain. Typically the beginner skier will compete in the 10 Meter Walk, Glide and Super Glide, whenever appropriate.

Skill Progression – Beginner Skier

Your Athlete Can	Never	Sometimes	Always
Put on equipment	☐	☐	☐
Walk in ski boots	☐	☐	☐
Walk in ski boots on snow	☐	☐	☐
Walk on skis on snow	☐	☐	☐
Side step	☐	☐	☐
Perform a Straight run/ Straight wedge	☐	☐	☐
Wedge turn or flat ski turn to a stop	☐	☐	☐
Ride on a lift (lift awareness)	☐	☐	☐
Perform controlled linked turns on the easiest terrain	☐	☐	☐
Totals			

Put on Equipment

Athlete learns to put on equipment: clothing, accessories, helmet, boots, skis and sometimes poles (depending on the athlete).

Teaching Points – Put on Equipment

1. Coach introduces all equipment to athletes before going out onto snow.
2. Coach assists athlete, as necessary, with putting on appropriate clothing.
3. Coach assists athlete, as necessary, with putting on helmet.
4. Coach assists athlete, as necessary, with putting on ski boots.
5. Coach assists athlete, as necessary, with stepping into the binding, before going out onto snow.
6. Coach ensures that all equipment fits the athletes properly, with the assistance of a qualified equipment technician.
7. Coach checks athlete for a balanced and centered stance.
8. Coach introduces flexion and extension of the knees and ankles.
9. Coach may introduce ski poles to the athlete, when necessary.

Faults & Fixes – Put on Equipment

Error	Correction	Drill Reference
Athlete puts ski boots on wrong feet.	Teach the athlete to put ski boots on correct feet. Teach athletes to identify left and right ski boot.	Boot buckles are on the outside of ski boot. Put different colored stickers on each boot.
Equipment does not properly fit the athlete (too big or too small).	Get help from qualified equipment technician when fitting athlete. Check that excess clothing is positioned properly inside of ski boot.	Yard Sale Game
Athlete is not in a balanced, centered stance.	Position the athlete so that the center of mass is over the center of the foot. Consult a boot fitting specialist.	
All beginner skiers do not need ski poles.	An athlete who needs additional physical support may benefit from the use of ski poles.	
Athlete cannot flex or extend the knees and ankles in the ski boot.	Check boots for appropriate flex. Check to see if the athlete can flex and extend the knees and ankles without ski boots.	

Walk in Ski Boots

Athlete can walk independently in ski boots.

Teaching Points – Walk in Ski Boots

1. Coach identifies if an athlete feels comfortable walking independently in ski boots.
2. Athlete can stand on one foot while wearing ski boots.
3. Athlete can climb stairs while wearing ski boots.
4. Athlete can hop while wearing ski boots.
5. Athlete can walk on snow in ski boots.
6. Athlete can carry skis while walking on snow in ski boots.

Faults & Fixes – Walk in Ski Boots

Error	Correction	Drill Reference
Athlete does not feel comfortable walking independently in ski boots.	Check for balanced stance. Provide assistance until the athlete feels more comfortable.	Walk with the athlete until he/she feels comfortable walking in ski boots.
Athlete has difficulty walking on snow in ski boots.	Check for balanced stance. Provide assistance until the athlete feels more comfortable. Identify athlete's hesitation, as it may slow his or her learning progress.	Walk with the athlete until he/she feels comfortable walking in ski boots. Build trust between the coach and the athlete.

Walk on skis on snow

Athlete can walk independently (forward, backward and in a circle) on skis on flat terrain. Once your athlete completes this task, he or she may be able to train and compete in the 10 Meter Walk event for athletes with lower ability levels as outlined in the *Official Special Olympics Rules* for Alpine Skiing.

Teaching Points – Walk on Skis on Snow

1. Athlete can step into the binding, on snow.
2. Athlete can walk independently on one ski on flat terrain.
3. Athlete can walk independently on one ski, forward, on flat terrain.
4. Athlete can walk independently on one ski, backward, on flat terrain.
5. Athlete can walk independently on one ski, in a circle, on flat terrain.
6. Athlete can walk independently on two skis on flat terrain.
7. Athlete can walk independently on two skis, forward, on flat terrain.
8. Athlete can walk independently on two skis, backward, on flat terrain.
9. Athlete can walk independently on two skis, in a circle, on flat terrain.
10. Athlete can train for the 10 Meter Walk event.
11. Athlete can compete in the 10 Meter Walk event.

Faults & Fixes – Walk on Skis on Snow

Error	Correction	Drill Reference
Athlete cannot step into the binding on snow.	Provide assistance to athlete as needed. Check for excess snow on the bottom of the ski boot. Check if the binding is positioned to accept the ski boot (released).	Hold onto coach's ski pole, arm, back, etc., for balance Teach the athlete to scuff the bottom of his/her ski boot.
Athlete cannot walk independently in one ski.	Provide assistance to athlete as needed.	Red Light/ Green Light on one ski Tag on one ski Duck, Duck, Goose Follow the leader
Athlete cannot walk independently in two skis.	Provide assistance to athlete as needed. Have the athlete go back to walking independently in one ski.	Red Light/ Green Light on two skis Tag on two skis Duck, Duck, Goose Follow the leader
Athlete loses balance and falls.	Check for balanced stance. Determine why the athlete may have fallen; correct as necessary.	Fall down and get up drill (Yard Sale) Follow the leader
Tips or tails of skis cross.	Check for balanced stance. Provide tip clamp if necessary. Make sure equipment fits properly.	

Side step

Athlete can step sideways with skis perpendicular to the fall line of a hill. Athlete side steps from flat to easiest sloped terrain.

Teaching Points – Side Step

1. Athlete can step sideways on a flat terrain.
2. Athlete is introduced to skating on skis (edge awareness) on a flat terrain.
3. Athlete is introduced to terrain change.
4. Coach introduces the athlete to the fall line of a hill.
5. Athlete can step sideways up the easiest sloped terrain with skis perpendicular to the fall line of a hill.
6. Have the athlete repeat this practice while facing in the opposite direction.

Faults & Fixes – Side Step

Error	Correction	Drill Reference
Athlete cannot skate on a flat terrain.	Teach the athlete to begin skating on one ski. Teach the athlete how to herringbone.	Follow the leader Tag
Athlete cannot hold an edge while side stepping up a hill.	Teach the athlete how to engage the edge of the ski.	Moving knees and ankles into the hill
Athlete slides forward/ backward while side stepping up a hill.	Teach the athlete how to stay perpendicular to the fall line of a hill.	Walk sideways up the "stairs." Demonstration of fall line

Straight run/ Straight wedge

Athlete moves the skis into the fall line and slides down, on skis, the easiest terrain in a balanced, centered stance. Athlete performs the same action in a small wedge (skis are in a converging position in which the tips are closer than the tails). Once your athlete completes this task, he or she may be able to train and compete in the Glide event for athletes with lower ability levels as outlined in the *Official Special Olympics Rules* for Alpine Skiing.





Teaching Points – Straight run/ Straight wedge

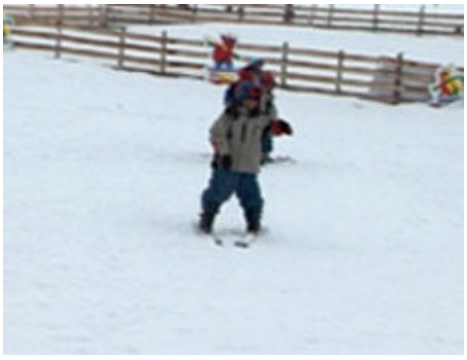
1. Athlete side steps 10-15 side steps up the easiest terrain.
2. Athlete can move the skis into the fall line from a side step position (perpendicular to the fall line).
3. Athlete maintains a balanced, centered stance with hands out and forward, while sliding to a natural run-out.
4. Athlete flexes and extends the knees and ankles while sliding.
5. Athlete can vary the size of the wedge to control speed while sliding, when appropriate.
6. Athlete can move the skis out of the fall line to control speed while sliding, when appropriate.

Faults & Fixes – Straight run/ Straight wedge

Error	Correction	Drill Reference
Athlete cannot control speed of skis.	Start the athlete lower on the easiest terrain, and repeat exercise.	
Athlete cannot move the skis into the fall line.	Coach should stand in front of the athlete to help as he/she moves into the fall line.	
Athlete cannot maintain a wedge while sliding.	Maintain the shin/ boot contact.	Squash the grape/orange
Athlete crosses ski tips while in wedge.	Maintain the shin/ boot contact. Use a tip clamp on the skis.	Squash the grape/orange
Athlete cannot flex or extend the knees and ankles.	Check equipment. Start the athlete lower on the easiest terrain, and repeat exercise. Check to see if the athlete is in an athletic position through the movement.	

Wedge turn to a stop or Flat ski turn to a stop

Athlete develops fundamental skills (balance, rotation, edge and pressure) necessary to change direction out of the fall line while on the easiest, most gentle terrain. Athlete learns to control speed by utilizing turn shape.

Teaching Points – Wedge turn to a stop

1. Starting in a shallow traverse, in a wedge position, the athlete will turn up the hill to a stop.
2. Starting in a shallow traverse in the other direction, in a wedge position, the athlete will turn up the hill to a stop.
3. With success, the athlete will repeat this maneuver while gradually starting closer to the fall line each time.
4. Starting in the fall line, with skis in a wedge, the athlete will steer the skis while moving until he/she is across the hill, out of the fall line, in one direction.
5. Starting in the fall line, facing the other direction, with skis in a wedge, the athlete will steer the skis while moving until he/she is across the hill, out of the fall line, in that direction.

Teaching Points – Flat ski turn to a stop

1. Starting in a shallow traverse, with skis parallel, the athlete will turn up the hill to a stop.
2. Starting in a shallow traverse in the other direction, with skis parallel, the athlete will turn up the hill to a stop.
3. With success, the athlete will repeat this maneuver while gradually starting closer to the fall line each time.
4. Starting in the fall line, the athlete will direct the skis across the hill while moving out of the fall line, in one direction.
5. Starting in the fall line, facing the other direction, the athlete will direct the skis across the hill while moving out of the fall line, in that direction.

Faults & Fixes – Wedge turn to a stop or Flat ski turn to a stop

Error	Correction	Drill Reference
Athlete turns too far into the turn and slides backward.	Use cue words to instruct the athlete when to stop the turn.	Use a ski pole for the athlete to ski around.
Athlete gets out of a wedge position.	Use cue words or visual aids to instruct the athlete.	Pizza slice
Athlete cannot stop.	Review straight run procedure and re-introduce wedge to a stop. Move athlete down to a gentler slope.	
Athlete continuously falls over.	Check for balanced, centered stance. Make sure the athlete's feet are at least hip width apart.	Ski with a basketball-size ball between the knees.
Athlete can turn in one direction only.	Start the turn on the weaker side using a shallower traverse.	

Riding a ski lift (ski lift awareness)

There may be a variety of ski lifts offered at ski areas around the world. At this level the athlete will use the ski lift that accesses the easiest terrain

Teaching Points – Riding the ski lift (ski lift awareness)

1. Have your athlete watch other skiers using the ski lift so that he/she becomes more familiar with the process.
2. Simulate, with your athlete, lift procedures (getting on and getting off of the ski lift) and etiquette.
3. Communicate with the lift operators that your athlete is a new rider on the ski lift, and allow them to help your athlete.
4. When possible, the coach should ride with your athlete on the ski lift.
5. While on the ski lift, reiterate to your athlete the process of getting off of the ski lift.

Faults & Fixes – Riding the ski lift (ski lift awareness)

Error	Correction
Athlete is afraid of heights.	Coach must redirect the focus of the athlete.
Athlete forgets to get off of the lift.	Assist the lift operator, as appropriate.
Athlete falls off the ski lift.	Assess the situation and ensure the safety of the athlete. Review lift procedures with your athlete.

Controlled linked turns on easiest terrain

Athlete can link turns, controlling speed and turn radius, on easiest terrain. Once your athlete completes this task, he/she may be able to train and compete in the Super Glide event for athletes with lower ability levels as outlined in the *Official Special Olympics Rules* for Alpine Skiing.




Teaching Points – Controlled linked turns on easiest terrain

1. Athlete can link a turn in one direction to a turn in the opposite direction with a slight rising motion toward the new turn as both skis are steered into the fall line; when appropriate, allow for a controlled stop.
2. Athlete's hips should remain centered over the ski, while the center of mass moves slightly to the inside of the turn.
3. Athlete can link turns with rhythm, flow and control from turn to turn.

Faults & Fixes – Controlled linked turns on easiest terrain

Error	Correction	Drill Reference
Athlete cannot perform the maneuver consistently on the terrain.	Review and apply previously learned skills throughout progression. Implement fundamentals in your teaching progression. Practice the maneuver on easier terrain.	Add a new twist/ keep the fun in fundamentals.
Athlete turns better in one direction than the other.	Practice turns in the weaker direction. Assess the reason for the weakness on one side.	Garland Drill Strength training on weaker side Modify equipment to compensate for weakness on one side.
Athlete locks edge on one side, which does not allow for smooth turns.	Center of mass must be over center of skis.	Flatten uphill ski – Thumpers Put a beach ball/balloon between the knees and "don't pop the balloon."

Novice Skier

The ability level of the novice skier ranges from an athlete who can perform controlled linked turns on a novice course to an athlete who can perform Christie-type linked turns (skidded turns) on an intermediate course. The novice skier will refine his/her beginner skills on the easiest slope on the mountain.

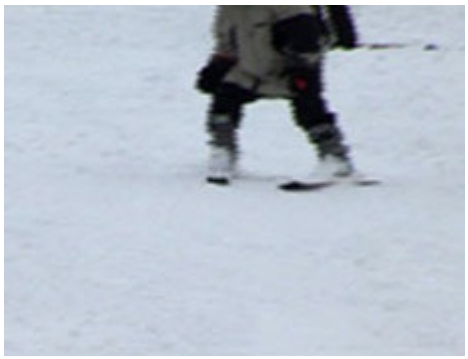
Skill Progression – Novice Skier

Your Athlete Can	Never	Sometimes	Often
Perform controlled linked turns on a novice course	☐	☐	☐
Develop necessary fundamental movement patterns through each turn	☐	☐	☐
Ski the easiest terrain on the mountain in control	☐	☐	☐
Vary turn shape and size	☐	☐	☐
Perform Christie-type turn (skidded turn)	☐	☐	☐
Perform Christie-type turn (skidded turn) on intermediate course	☐	☐	☐
Totals			

Controlled linked turns on a novice course

Athlete can ski on the easiest terrain, making rounded turns in both directions with rhythm and flow from turn to turn. Speed is under control for the entire length of the trail.




Teaching Points – Controlled linked turns on a novice course

1. Athlete can make rounded turns in both directions.
2. Athlete maintains speed control while turning.
3. Athlete can maintain speed control while turning as slope degree changes.
4. Athlete can maintain control while turning in a variety of snow conditions.
5. Athlete can understand moving between gates from red to blue.

Faults & Fixes – Controlled linked turns on a novice course

Error	Correction	Drill Reference
Athlete cannot maintain speed control while slope degree changes.	Lack of edge control while terrain changes. Edging drills to enhance edging. Work on turn completion.	Hockey stops Count slowly to 3 while athlete is turning.
Athlete cannot make rounded turns.	Provide visual cues to promote rounded turn shape.	Use cones or halved tennis balls as turn guides.
Athlete cannot maintain balance in adverse (icy/soft) conditions.	Review balanced, centered stance position.	

Develop fundamental movement patterns through the turn

Athlete moves the center of mass smoothly through the turn in the direction of the new turn to initiate the new turn. Athlete is able to skid the skis through the end of the turn.




Teaching Points – Develop fundamental movement patterns through the turn

1. Athlete can move center of mass in the direction of the new turn.
2. Athlete flexes ankles as the skis move through the turn.
3. Athlete makes rounded turns.
4. Athlete transfers weight laterally from one ski to the other during the turn.

Faults & Fixes – Develop fundamental movement patterns through the turn

Error	Correction	Drill Reference
Athlete leans back.	Athlete needs ankle flex. Boots are too stiff.	Squash the grape/orange
Athlete steers too far around.	Coach assists the athlete with verbal cues to start the next turn.	
Lack of weight transfer.		

Ski the easiest terrain on the mountain under control

Athletes are able to ride the appropriate lift independently and ski all of the easiest terrain available. They will maintain rounded turn shape and speed control while skiing independently, if disability permits.

Teaching Points – Ski the easiest terrain on the mountain under control

1. Athlete can ride all appropriate lifts independently if/when appropriate.
2. Athlete can consistently make rounded turns on easiest terrain.
3. Athlete can stop immediately when needed.
4. Skiing the easiest terrain on the mountain is obviously in the comfort zone of the athlete.

Faults & Fixes – Ski the easiest terrain on the mountain under control

Error	Correction	Drill Reference
Athlete cannot ride lift independently.	Coach gives cues to initiate loading and unloading. Practice with coach in chair behind.	Use one-word loading/unloading cues.
Athlete cannot make rounded turns.	Coach cues when to finish one turn and start the new turn.	Use cones or red dye in the snow as visual aids to initiate and indicate the path of rounder turns.

Vary turn size and shape

Athlete can perform long, medium and short radius turn. Athlete is able to execute different shaped turns with a smooth transition.

Teaching Points – Vary turn size and shape

1. Athlete can perform long, medium and shorter radius turns.
2. Athlete can maintain speed while changing radius of turns.
3. Athlete can ski around cones, gates or other obstacles as necessary.

Faults & Fixes – Vary turn size and shape

Error	Correction	Drill Reference
Athlete over –rotates, making it hard to get the new turn started.	Short radius turns	
Athlete cannot do short radius turns.	Athlete is working on terrain that is too steep for the maneuver.	Skating on flat or easiest terrain
Athlete picks up speed in his/her descent down the hill.	Athlete needs to work on edge management while turning.	Sideslip with a stop

Perform a Christie-type turn (skidded turn)

Athlete can move from a wedge turn to a skidded turn in both directions.




Teaching Points – Perform a Christie-type turn (skidded turn)

1. Athlete can do a traverse across the hill in both directions.
2. Athlete can do a forward sideslip in both directions.
3. Athlete can ski comfortably on the easiest terrain on the hill.
4. Athlete can do a wedge turn with a traverse at the end of the turn.
5. Athlete can do a wedge turn with a forward sideslip at the end of the turn.

Faults & Fixes – Perform a Christie-type turn (skidded turn)

Error	Correction	Drill Reference
Athlete cannot hold an edge doing a traverse.	Athlete cannot stay on edge. Athlete is not in a balanced stance.	Coach stands below the athlete and moves the knees into the hill. Coach stands below the athlete and tries to pull the athlete down the hill, while athlete tries to hold position on the hill. Bunny Hops
Athlete cannot do a forward sideslip.	Athlete is leaning into the hill. Athlete learns edge release.	Garlands

Perform Christie-type linked turns (skidded turns) on an intermediate course

Athlete can perform skidded turns on intermediate terrain through gates on the same hill.

Teaching Points – Perform Christie-type linked turns (skidded turns) on an intermediate course

1. Athlete can perform Christie-type turns on intermediate terrain.
2. Athlete can maintain rounded turn shape while skiing on a course.
3. Athlete is comfortable with increased speed of the intermediate terrain.

Faults & Fixes – Perform Christie-type linked turns (skidded turns) on an intermediate course

Error	Correction	Drill Reference
Athlete skis at each gate.	Round out each turn by setting up for turn earlier.	Use cones or brushes as turning gates.
Athlete is not ready for intermediate course.	Go back to easier terrain or same hill with no gates and solidify skills.	Linked Christie-type turns on appropriate terrain
Athlete goes back to using a wedge, with no movement.	Athlete is on terrain that is too steep. Athlete should spend more time on gentler terrain and work on skills.	Linked Christie-type turns on appropriate terrain

Intermediate Skier

The ability level of the intermediate skier ranges from an athlete who can perform Christie-type linked turns (skidded turns) on an intermediate course to an athlete who can perform controlled open parallel turns on an intermediate course. The intermediate skier will continue to refine his/her skills on more difficult terrain.

Skill Progression – Intermediate Skier

Your Athlete Can	Never	Sometimes	Often
Perform Christie-type linked turns on an intermediate course	☐	☐	☐
Refine fundamental movement patterns through the turn	☐	☐	☐
Change radius of turns to suit snow conditions and terrain	☐	☐	☐
Perform controlled open parallel turns	☐	☐	☐
Perform controlled open parallel turns on an intermediate course	☐	☐	☐
Totals			

Perform Christie-type linked turns (skidded turns) on an intermediate course

Athlete can maintain Christie-type turns in both directions through an intermediate course. Speed control is maintained for the entire length of the course for safety.

Teaching Points – Perform Christie-type linked turns (skidded turns) on an intermediate course

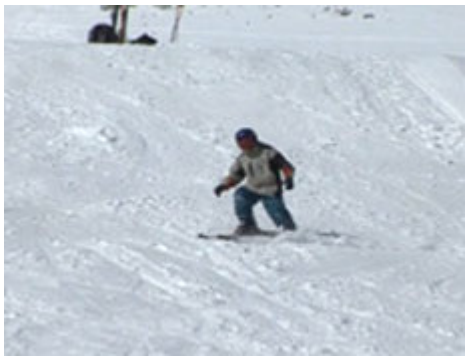
1. Athlete can maintain Christie-type turns on varied terrain.
2. Athlete can vary the size or radius of the turn to maintain consistent speed.
3. Athlete can maintain consistent speed doing Christie-type turns on different pitches.
4. Athlete moves center of mass in the direction of the new turn.

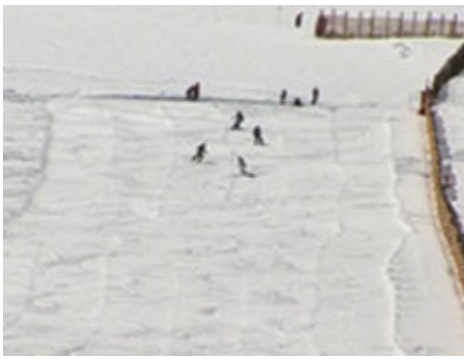
Faults & Fixes – Perform Christie-type linked turns (skidded turns) on an intermediate course

Error	Correction	Drill Reference
Athlete cannot maintain Christie-type turns.	Use edge control to maintain skid during the turn Maintain turn completion	Garlands Hockey Stops
Athlete cannot maintain consistent speed.	Athlete uses a breaking wedge for speed control.	Garlands Falling Leaf

Refine fundamental movement patterns through the turn

Athlete can move his/her center of mass though the turn in the direction of the new turn.





Teaching Points – Refine fundamental movement patterns through the turn

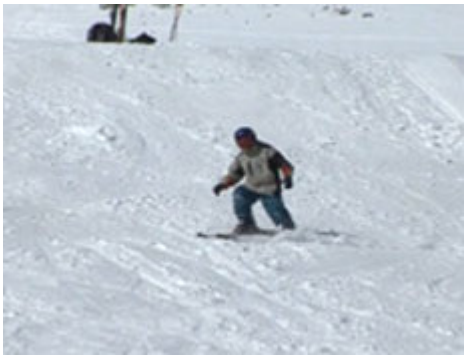
1. Athlete moves center of mass down the hill in the direction of the new turn.
2. Athlete skis with shoulders parallel to the slope of the hill.
3. Athlete maintains speed control through turn.
4. Athlete maintains balanced stance, with ankles flexed and hips over center of boot, through each turn.

Faults & Fixes – Refine fundamental movement patterns through the turn

Error	Correction	Drill Reference
Athlete uses upper body rotation to finish the turns.	Work on edging skills. Work on moving the body in the direction of the new turn at the beginning of the turn.	Sideslips Sideslips with body facing down the hill Falling Leaf
Athlete does "Z" turns.	Athlete should decrease emphasis on the end of the turn and braking. Work on turn initiation.	Popcorn turns Frog jumps over the log Count to 5 (out loud) through each turn.

Change radius of turns to suit snow conditions and terrain

Athlete can vary the size of the turns to maintain control while skiing on various terrains and/or in a variety of snow conditions.




Teaching Points – Change radius of turns to suit snow conditions and terrain

1. Athlete can perform long, medium and short radius turns.
2. Athlete can ski on a variety of terrain pitches at consistent speed.
3. Athlete can maintain balanced stance in multiple snow conditions.

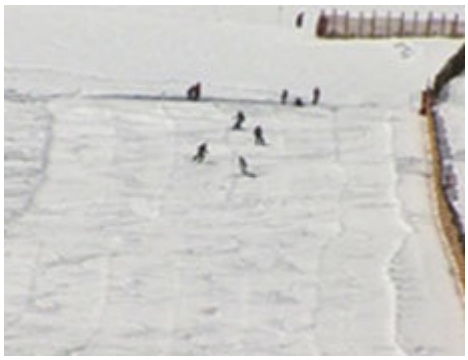
Faults & Fixes – Change radius of turns to suit snow conditions and terrain

Error	Correction	Drill Reference
Movement patterns change on steeper terrain.	Reinforce edging skills on less steep terrain.	Sideslip Falling Leaf
Speed control is lost doing short radius turns.	Athlete should maintain edge control Practice on less steep terrain.	Hop Turns Skating on flats or easy terrain Skating into short radius turns on easy terrain
Athlete is not able to change the radius smoothly.	Athlete gradually reduces radius of the turn.	Hourglass Funnel turns

Perform controlled open parallel turns

Athlete can ski with skis parallel throughout the turn on intermediate to beginning advanced terrain.




Teaching Points – Perform controlled open parallel turns

1. Athlete can keep parallel ski relationship throughout the turn and from turn to turn.
2. Athlete can maintain consistent speed on varied pitches.
3. Athlete maintains balanced stance throughout the turn.
4. Athlete uses pole swing to initiate turns.

Faults & Fixes – Perform controlled open parallel turns

Error	Correction	Drill Reference
Athlete reverts to breaking wedge to control speed.	Develop edging skills on easier terrain.	Boot skiing on easiest terrain Sideslip in vertical corridor Sideslip with clean stop
Athlete does "Z" turns to control speed.	Work on turn initiation.	Garlands Count to 5 for each turn from beginning to end.
Athlete leans to the inside of the turn.	Athlete needs to develop strong inside half, with shoulders parallel to the hill.	
Athlete swings the wrong pole.	Traverse with pole swing on downhill side.	Mark poles; coach calls out markings at appropriate time.
Athlete swings pole at the wrong time or not at all.	Practice.	Garlands Traverse with pole swings With coaching, athlete shouts "pole" at appropriate time for pole swing.

Perform controlled open parallel turns on an intermediate course

Athlete can maintain skis parallel and balanced stance using fundamental movement patterns while on a course.

Teaching Points – Perform controlled open parallel turns on an intermediate course

Athlete can keep parallel ski relationship throughout the turn and from turn to turn while on the course.

1. Athlete projects his/her core in the direction of the turn, to flow downhill while on the course.
2. Athlete can maintain good hand position, up and in front, to enhance balance and good body position.
3. Athlete can maintain speed control on varied terrain.
4. Athlete can push out of the start gate.
5. Athlete can get into a tuck position for skiing over flats and through the finish.

Faults & Fixes – Perform controlled open parallel turns on an intermediate course

Error	Correction	Drill Reference
Athlete reverts to wedge to control speed.	Athlete needs more work on gentler terrain. Develop edging skills on gentler terrain. Athlete needs more time free skiing on steeper terrain.	Boot skiing on easiest terrain Sideslip in vertical course Sideslip with clean stop Falling Leaf with pivot turn on mild intermediate terrain Garland on steeper terrain
Athlete does "Z" turns to control speed.	Work on turn initiation. Return to easier terrain to work on skills. Athlete needs more time free skiing on steeper terrain.	Count to 5 (out loud) for each turn from beginning to end.
Athlete leans to the inside of the turn.	Athlete needs to develop strong inside half, with shoulders parallel to the hill.	Traverse with proper stance Pole drag with both poles on the snow, hands in front, always within sight
Athlete drops inside hand or both hands while turning.	Practice holding hands in proper position.	Hold poles horizontally (like a tray) and keep them horizontal.

Advanced Skier

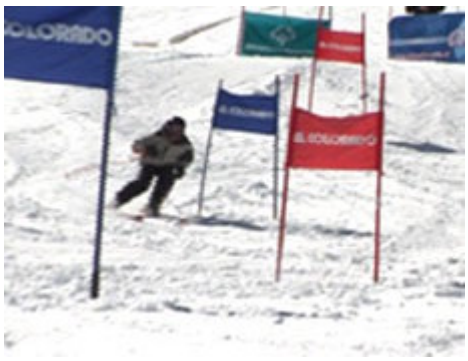
The ability level of the advanced skier is an athlete who can perform controlled open parallel turns to an athlete who can perform controlled dynamic parallel turns on an advanced course. The advanced skier will refine his/her intermediate skills on the most difficult terrain.

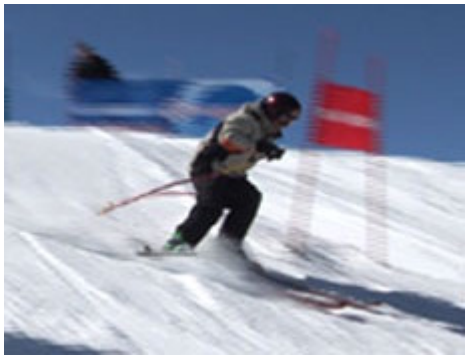
Skill Progression – Advanced Skier

Your Athlete Can	Never	Sometimes	Often
Perform consistent open parallel turns on an advanced course	☐	☐	☐
Increase and decrease speeds on difficult terrain	☐	☐	☐
Carve turns in a variety of shapes and snow conditions	☐	☐	☐
Perform dynamic parallel turns on an advanced course	☐	☐	☐
Totals			

Perform consistent open parallel turns on an advanced course

Athlete can ski on more advanced terrain with skis parallel throughout the turn.




Teaching Points – Perform consistent open parallel turns on an advanced course

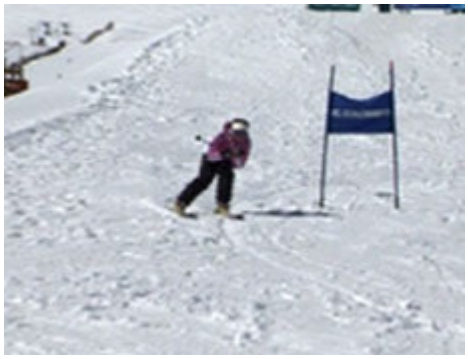
1. Athlete can maintain parallel ski relationship while on more advanced course.
2. Athlete can take an efficient, effective line through a course.
3. Athlete can maintain fundamental movements (centered stance, core moving in the direction of the new turn, hands in front) necessary to ski in control on advanced terrain.

Faults & Fixes – Perform controlled open parallel turns on an advanced course

Error	Correction	Drill Reference
Athlete cannot maintain speed control on steeper terrain.	Athlete works on edging skills on gentler terrain, before going to the steeper terrain.	Garlands on steeper terrain Leapers Crab Walk Hop turns to short radius turns on gentler terrain
Athlete skis at the gate and finishes the turn after the gate.	Athlete works on developing a correct line/path of travel through the gates.	Use cones or brushes (or whatever you have to work with) as turning gates.
Athlete sits back, using upper body rotation through the turns.	Check to see that athlete is aligned properly. Boots are too stiff. Review proper movement patterns.	Review hand position, stance. Athlete holds object in hand and doesn't let it out of his/her sight.

Increase and decrease speeds on difficult terrain

Athlete can ski on more advanced terrain with skis parallel throughout the turn.

Teaching Points – Increase and decrease speeds on difficult terrain

1. Athlete can maintain consistent speed on varied degree of slope.
2. Athlete can push out of the start gate to accelerate the start.
3. Athlete can use edges to increase or decrease speed when necessary.
4. Athlete can do a proper tuck position for straightaways and going through the finish.
5. Athlete can skate over flat terrain.

Faults & Fixes - Increase and decrease speeds on difficult terrain

Error	Correction	Drill Reference
Athlete skids skis to decrease speed on steeper terrain.	Work on edging skills.	Garlands to promote strong finish of the turn with good edge engagement Crab Walk
Athlete cannot get into a proper tuck position.	Athlete practices getting into the tuck position in front of a mirror.	Toe touches with a squat
Athlete cannot skate smoothly.	Athlete works with shorter skis to get the motion before trying it with his/her own skis.	Do skating move in boots.

Carve turns in a variety of shapes and snow conditions

Athlete can ski on more advanced terrain with skis parallel throughout the turn.

Teaching Points – Carve turns in a variety of shapes and snow conditions

1. Athlete can do carved long, medium and short radius turns.
2. Athlete can manage turn shape and speed control in a variety of snow conditions.
3. Athlete can smoothly transition between differing turn size and shapes as dictated by terrain or changes in pitch.

Faults & Fixes – Carve turns in a variety of shapes and snow conditions

Error	Correction	Drill Reference
Athlete cannot pivot the ski.	Athlete is not in balanced stance. Athlete is not centered. Check alignment.	Athlete pivots from a straight run to an edged ski in the fall line, perpendicular to the slope (to a sideslip in a corridor).
Athlete skids the skis in a turn on one side or the other.	Athlete should work on weaker side. May be disability related.	Garlands to work on edge control on weaker side One-ski turns
Athlete cannot make smooth transitions from short to medium to long radius turns.	Develop fluidity in turn.	Funnel Hourglass Turns to a cadence (counting, singing, etc.)
Athlete cannot maintain speed control.	Work on consistent turn shape.	Maintain same-speed medium to short radius turns on steep to flat terrain.

Perform dynamic parallel turns on an advanced course

Athlete can ski on more advanced terrain with skis parallel and on edge throughout the turn in most all conditions and terrain.

Teaching Points – Perform dynamic parallel turns on an advanced course

1. Athlete shows dynamic stance while racing on an advanced course.
2. Athlete is able to carve turns through the gates.
3. Athlete is able to do short radius turns.
4. Fundamental movements are consistent throughout the turns from top to bottom.

Faults & Fixes – Perform dynamic parallel turns on an advanced course

Error	Correction	Drill Reference
Athlete has inappropriate range of balance.	Athlete must maintain centered position.	Ski on one ski on intermediate terrain. Skate down intermediate terrain.
Athlete scrubs (reduces) speed.	Work on turn shape. Develop more efficient and effective line/path through the course. Work on turn initiation.	Work on "J" turns on steeper terrain. Skate down the hill. Use cones or brushes to develop more effective line through the course.
Athlete fatigues on short radius turns.	More dry-land training. Review proper movement pattern.	Pivot turns to short radius turns More skating for longer distances Boot skiing

Cool-Down

The cool-down is as important as the warm-up; however, it is often ignored. Stopping an activity abruptly may cause pooling of the blood and slow the removal of waste products in the athlete's body. It may also cause cramps, soreness and other problems for Special Olympics athletes. The cool-down gradually reduces the body temperature and heart rate and speeds the recovery process before the next training session or competitive experience. The cool-down is also a good time for the coach and athlete to talk about the session or competition. Note that cool-down is also a good time to do stretching. Muscles are warm and receptive to stretching movements.

Activity	Purpose	Time (minimum)
Slow aerobic jog	Lowers body temperature Gradually lowers heart rate	5 minutes
Light stretching	Removes waste from muscles	5 minutes

Modifications and Adaptations

In competition, it is important that the rules not be changed to suit athletes' special needs. There are, however, approved Alpine skiing aids that do accommodate the athlete's special needs and are permitted in the rules. Also, coaches can modify training exercises, communication methods and sport equipment to assist athletes in achieving success.

Modifying Exercises

Modify the techniques and skills involved in an exercise so that all athletes can participate. For example, a skier with one leg may use the same movement patterns, but will not be able to do a wedge/pizza. Or, an athlete skiing in sit-down equipment will use the same tactics, but only those parts of his/her body that will move, to make the turns happen.

Accommodating an Athlete's Special Needs

Use the sound of a bell or voice commands for visually impaired athletes.

Modifying Your Communication Method

Different athletes require different communications systems. For example, some athletes learn and respond better to demonstrated exercises, whereas others require greater verbal communication. Some athletes may need a combination – to see, hear and even read a description of the exercise or skill.

Modifying Equipment

Successful participation for some athletes requires equipment modifications to suit their particular need. Some athletes may need to have a toe clip that holds the tips of the skis together. An athlete with difficulty with balance may need to use outriggers to maintain a balanced stance. Because of a substantial disability that does not allow the athlete to walk unassisted, he/she may need to ski in sit-down equipment.

Adaptations

More specific adaptations for Alpine skiing are listed below.

Outriggers

Used for athletes who have difficulties with balance in motion.

Mono-skis or bi-skis

Used for athletes who do not have the use of their legs. Many bi-skis can be tethered as needed for those athletes who cannot ski the bi-ski independently. Mono-skis can be skied independently.

Toe clips

Used for stand-up athletes who may have difficulty holding their skis together. In training, coaches can use other adaptive equipment, such as hoola-hoops and tether lines, during training to teach particular movement patterns; however, these assistive devices must not be used in competition.

Orthopedic Impairments

Leg braces may be used for athletes needing the support. Often the stiffness of the ski boot is enough to hold the athlete erect and give the athlete adequate support while skiing.

Auditory Impairments

Use a flag or hand signals for start. It is imperative that the starter knows the auditory impairments of any athlete in order to meet the needs of the athlete.

Visual Impairments

A visually impaired skier must have a guide while skiing. The guide will wear an orange bib and ski in front of the athlete while on the race course. The guide will give signals, either by voice command or using voice activated radios.

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